

SYMPTOMS OF INNER PEACE

by SASKIA DAVIS

Be on the lookout for symptoms of inner peace. The hearts of a great many have already been exposed to inner peace and it is possible that people everywhere could come down with it in epidemic proportions. This could pose a serious threat to what has, up to now, been a fairly stable condition of conflict in the world.

Some signs and symptoms of inner peace:

- * A tendency to think and act spontaneously rather than on fears based on past experiences.
- * An unmistakable ability to enjoy each moment.
- * A loss of interest in judging other people.
- * A loss of interest in judging self.
- * A loss of interest in interpreting the actions of others.
- * A loss of interest in conflict.
- * A loss of the ability to worry. (This is a very serious symptom.)
- * Frequent, overwhelming episodes of appreciation.
- * Contented feelings of connectedness with others and nature.
- * Frequent attacks of smiling.
- * An increasing tendency to let things happen rather than make them happen.
- * An increased susceptibility to the love extended by others as well as the uncontrollable urge to extend it.

WARNING:

If you have some or all of the above symptoms, please be advised that your condition of inner peace may be so far advanced as to not be curable. If you are exposed to anyone exhibiting any of these symptoms, remain exposed only at your own risk.

From the Author of "Symptoms of Inner Peace":

In 1983 or 4, I wrote "The Symptoms of Inner Peace." Actually, they practically wrote themselves; and since then they have taken on a life of their own, traveling far and wide (as things escape onto the internet). I enjoy accompanying them as they continue their journey.

A little history: At the time of their writing, I was the Director of the Northwest Center For Attitudinal Healing which was founded on the principles of Inner Peace. Specifically, we were providing peer support groups for people with life-threatening and chronic illnesses and their family members. Eventually, we also responded to requests for groups in which people could simply share their journeys as they moved more deeply through struggle into Peace.

It feels at once fitting and an honor to see "The Symptoms" included on your web site.

Namaste,
Saskia Davis